



**DHHS Today**  
**December 14, 2005**



**Happy Holidays!**



### **DHHS to Participate in the 2006 Arkansas Fitness Challenge**

Arkansas Department of Health and Human Services (DHHS) employees have been challenged! For the past two years employees of Arkansas Blue Cross and Blue Shield have challenged Arkansas Department of Health (ADH) colleagues to get fit March 1 through May 31 during the Arkansas Fitness Challenge. Now that ADH is a Division of DHHS, the Challenge will include employees in the entire Department.

Here's how it works. Participants will exercise their way across Arkansas using 30 virtual checkpoints every time they exercise 30 minutes a day. Each participant is allowed to advance one checkpoint per day. Those who complete the trip across Arkansas early are encouraged to begin the route again.

Employees report exercise progress on DHHS' Fitness Challenge website and team members are encouraged to log in daily, or at least weekly, so that DHHS' team statistics can be accurately reported. For DHHS to win, participants must make the commitment to exercise and stick to it throughout the course of the Challenge. Below is a list of eligible exercises for the Challenge. Exercises not listed do not qualify.

#### **Eligible Exercises:**

- Walking/Jogging/Running
- Swimming
- Cycling
- Court Sports (tennis, racquetball, handball, basketball)
- Aerobic Dance (jazzercise, low/high impact, step aerobics)
- Aerobic Machines (treadmill, stepper, rower, hand cycle, elliptical, skier, stationary bike)

The winner will be determined by the criteria outlined below. The organization that earns the most cumulative points will be declared the overall winner.

**1. Goal Participation** — Highest percentage of participating employees completing the 30-checkpoint Arkansas route — Eligible Points: 35

**2. Exercise Frequency** — Most days exercised per week —average of all participating employees for the 12-week period — Eligible Points: 35

**3. Overall Participation** — Highest percentage of eligible employees participating — Eligible Points: 20

**4. Persistency Rate** — Lowest non-starter rate — Eligible Points: 10

Although the Arkansas Fitness Challenge is part of DHHS' Healthy Employee Lifestyle Program (HELP) worksite wellness program, please note that employees **do not** have to register for HELP to participate in the Fitness Challenge. Registration for the Challenge will be available on DHHS Gold beginning February 1.



## Holiday Bazaar Helps Make Christmas Brighter for Foster Children

Each year, the Division of Children and Family Services (DCFS) sponsors a Holiday Bazaar to provide Christmas gifts for foster children in state custody. Activities for this year's Bazaar, which was held on December 2, included a bake sale, hot dog/chili sale and a silent auction. Items such as restaurant gift certificates, ornaments, tree skirts, and gift baskets were also available for employees to purchase.

In addition to the activities, DCFS also sponsored a Gingerbread Tree. Marilyn Counts and Velma Sorrows (pictured at right in the gingerbread aprons) coordinated the effort and were on hand for the kick-off in mid-November. Gingerbread Boys/Girls were placed on a tree in the lobby of the Donaghey Plaza South building with a foster child's name on them with a wish list written on the back. Employees then selected Gingerbread Boys/Girls to sponsor for the holidays.

Thanks to everyone who participated in this year's Bazaar activities and made it such a huge success. Your kindness and generosity will help foster children have a Merry Christmas.



*Child Care Licensing Unit employees held their annual Christmas party meeting in Little Rock on November 18 and brought gifts to be distributed to foster children.*

*Wal-mart donated bikes to the Little Rock Fire Department to be distributed to foster children in DHHS custody.*



## Drum Majors Leadership Conference Coming in January

The Department of Health and Human Services is excited to partner with the Arkansas Martin Luther King, Jr. Commission to sponsor the 2006 Drum Majors Leadership Conference January 12-13 in Hot Springs. The conference will help current and potential leaders improve or develop leadership characteristics through presentations delivered by local and national speakers. Leaders will also have an opportunity to participate in thought provoking panel discussions and educational workshops and discover strategies for making a difference in your community. Learn more about the conference, including program and registration details by visiting <http://www.arkansas.gov/mlk/>.

## Time-Off Incentive Now Available for HELP Participants

It has been eight months since the Department of Health and Human Services' (DHHS) worksite wellness initiative, better known as the **Healthy Employee Lifestyle Program (HELP)** was unveiled to assist employees in achieving better health. Now, one of the most anticipated incentives is finally available to participants. ACT 724, passed during the 2005 legislative session allows state employees who participate in HELP to earn up to three days off when they accrue enough points by following the program's guidelines.

HELP is a voluntary, incentive-based program which rewards employees for healthy habits including exercising, not smoking, eating the recommended fruits and vegetables, getting age-appropriate health screenings, and completing an online health risk assessment. Participants can earn prizes ranging from gym bags and stretchy bands to t-shirts and the previously mentioned time off from work. All available prizes can be viewed on the HELP website along with how many points it will take to redeem them.

As an added bonus, HELP participants who also sign up to participate in the Arkansas Fitness Challenge will get to count their exercise for the Challenge toward earning HELP points. Be among the over 1800 colleagues in DHHS who have already signed up. Register today to take charge of your health and let HELP help you start taking steps to a healthier lifestyle for you and your family. Employees can get started by clicking on the Healthy Employee Lifestyle Program link under employee services on DHHS Gold.



## Arkansas Women's Conference Postponed, Membership Drive Extended

The Committee on Women's Concerns has voted to postpone the 2006 Arkansas Women's Conference, which is usually held in April, until later in 2006.

The Committee is also accepting applications for membership until January 1. Committee members meet monthly to plan the conference. For a \$20 membership fee, members are entitled to a discount on conference registration, a discount exhibit fee and recognition at the conference. To learn more, visit [www.arkwc.org](http://www.arkwc.org).



### Congratulations to....

**Karen Sagaskey**, Cross County Hometown Health Improvement Leader, was presented with a plaque at the State Diabetes Advisory Council meeting on December 1. Sagaskey, pictured at right with Council Chair Dr. Vaughn, has been an active member of the Council for the past few years and has assisted with several of its activities, including a Diabetes Town Hall meeting in Wynne she helped host in November.



**David Rath**, Division of Health, earned enough HELP points to be the first HELP participant to redeem a pass for a two- night stay in any Arkansas State Park lodge or cabin.

The **Division of Health** received the National Immunization Program's 2005 Perinatal Hepatitis B Prevention Program Award for the Highest NIS Birth Dose Rate in 2004. Arkansas was ranked highest in the nation, with 82.6 percent of children receiving a birth dose of Hepatitis B vaccine within 0-2 days of birth and had 100 percent of hospitals that deliver babies participating in the immunization program.



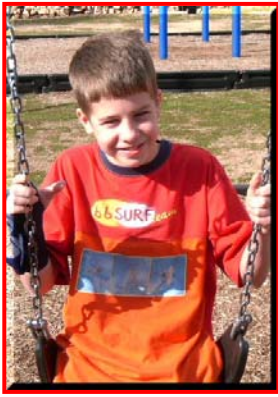
## DHHS Around The State

The **Southeast Arkansas Human Development Center** placed first in the 2005 Bradley County Chamber of Commerce Christmas Parade with their float titled "A House of Hope." The parade was held in Warren on December 3. The theme was "A Season of Hope."





## Meet this Month's Featured Foster Child



**Chevy** is a handsome young man with an outgoing personality. His foster mom states he is sensitive to others' feelings and is very helpful. Chevy enjoys typical boy activities such as sports, outdoors and playing video games. Some of his favorite foods are pizza, ice cream, and casseroles. Chevy has two sisters in foster care, Amilla and Kimberley. He would like to be adopted with his siblings or at least be able to keep in contact with them after being adopted.

Although a two-parent family is preferred, other placement options may be considered based upon the child's needs. Parents must be very nurturing, patient, attentive, resourceful, active, organized, and committed. If you are interested in adopting Chevy, please call 501-682-8462 or 1-888-736-2820.

## Christmas Recipes

### Claus Cranberry Punch

2 cups cranberries  
2 cups water  
1-cup sugar

Cook to cranberries, water and sugar to a pulp, then strain.  
When cooled, add the following:  
Juice of three lemons  
Juice of one lime  
1-quart ginger ale  
Red and green cherries

### Santa's Sausage Balls

1 lb. Hot Sausage  
10 oz. Grated Cheddar Cheese  
3 cups Bisquick

Mix all ingredients by hand in a large bowl. **KNEAD WELL.** Shape into small (ping pong ball size) balls.  
Bake at 350 ° for 30 minutes.

*\*Recipes courtesy of the Division of Youth Services*

The State Capitol Offices and all  
State Buildings will be closed on the  
following days in observance of:

***Christmas Eve***  
Observed on Friday, December 23, 2005

***Christmas Day***  
Observed on Monday, December 26, 2005

***New Year's Day***  
Observed on Monday, January 2, 2006

Legal holidays by authority of Act 304 of 2001

## Tips to Avoid Holiday Weight Gain

### Never Go Hungry

Many of us will have at least one holiday party to attend this season. Don't subject yourself to additional temptation by showing up on an empty stomach. Eat something healthy before you go, and leave room for one or two special treats at the party.

### Maintain Balance

Depriving yourself of your favorite food during the holiday season may backfire. Moderation and balance can help you indulge in holiday meals without overdoing it or feeling guilty.

### Keep Moving

Don't have time for that hour workout at the gym? It's okay. Just don't abandon exercise altogether. Be extra conscious of taking the stairs and parking at the end of the lot. You can even enjoy the holiday lights and decorations in your neighborhood with a walk around the block. The exercise will help you enjoy holiday foods guilt-free.

### Take Time for Yourself

Holidays are stressful and stress can easily lead to emotional overeating. Schedule a workout date with yourself. Take a five-minute meditation break amid the chaos. Listen to holiday music in the car instead of talking on a cell phone. Whatever it may be, find your stress release for the holiday season.

### Keep it in Perspective

The holidays are days, not weeks or months. Enjoy them and get right back to your weight control program after New Year's.

### Remember the Holiday

Regardless of how it may seem, the holidays are NOT just about food. Holidays are a time to socialize and spend quality time with friends and family. Focus on the simple joys of being together have a wonderful holiday season.

## Weight Watchers At Work



Several employees have lost as much as 50 pounds or more on Weight Watchers. Now, a group of employees would like to start a Weight Watchers Program at DHHS beginning January 5.

There is no pre-packaged food to purchase. You choose what you eat. A minimum of 11 pre-paid people is needed for the program to come to DHHS. The cost is \$100 for eight weeks. A representative from Weight Watchers will conduct all classes. If you are interested in joining or have questions, contact Sandra at 683-4712.



### Do you have news you would like to share?

E-mail [Julie.Munsell@arkansas.gov](mailto:Julie.Munsell@arkansas.gov), [Cheryl.Roland@arkansas.gov](mailto:Cheryl.Roland@arkansas.gov) or [Ingrid.Green@arkansas.gov](mailto:Ingrid.Green@arkansas.gov).

### Holiday Fun Quiz:

1. Three ounces of meat is about the size of a \_\_\_\_\_.  
(Hint: You can use this to play rummy!)  
\_\_\_\_\_
2. Serve this for dessert to add color (and fiber) to your holiday table.  
\_\_\_\_\_
3. This activity can be fun for the whole family and is a good way to burn extra calories!  
\_\_\_\_\_
4. These little holiday treats can really add up in calories (about 2,000 calories per pound!) so try to bake fewer and make them smaller.  
\_\_\_\_\_
5. Always buy \_\_\_\_\_ milk so you avoid the saturated fat of its whole counterpart.  
\_\_\_\_\_
6. Remove this from your turkey before eating, since it is high in fat.  
\_\_\_\_\_

Answers: 1. deck of cards, 2. fruit, 3. walk or exercise, 4. cookies, 5. skim or fat-free, 6. skin.